References

1)Applegate, L. 1991. *Power Foods: High-Performance Nutrition for High-Performance People.* Emmaus, PA: Rodale Press.

2)Benardot, D. 2000. *Nutrition for the Serious Athlete.* Champaign, IL: ` Human Kinetics.

3)Berning, J. R., and Steen, S. N. 1998. *Nutrition for Sport and Exercise.* Gaithersburg, MD: Aspen Publishers

4)Bucci, L 1993 *Nutrients as Ergogenic Aids for Sports and Exercise*. Boca Raton. FL: CRC Press.

5)Bucci, L. 1993. *Nutrients as Ergogenic Aids for Sports and Exercise.* Boca Raton, FL: CRC Press.

6)Buskrk, E., and Puhl, S. 1996. *Body Fluid Balance: Exercise and Sport*. Boca Ration, FL: CRC Press.

7)Center for Food Safety and Applied Nutrition. January 2000. *Diet supplement strategy (Ten-year plan).* Washington, DC: United States Food and Drug Administration.

8)Clark, N. 1997. *Nancy Clark's Sports Nutrition Guidebook: Eating to ' Fuel YourActive Lifestyle.* Champaign, IL: Human Kinetics.

9)Di Pasquale, M 1997. *Amino Acids and Protein for the Athlete – The anabolic edge*. Boca Raton FL: CRC Press.